



12 Challenges for 2012

Challenge 3

March is:

Getting Active Month

Spring is almost here! This month, enjoy we encourage participants to get out and get active!

A Few of our Favorite Things

San Diego is a beautiful place to live! With comfortable temperatures year-round and spectacular views tempting residents outside, it's easy to get out and about. This month, the FSS team shared their favorite places to walk in San Diego:

"One of my favorite places to walk in San Diego is at [Cowles Mountain](#). The hike up is a good challenge and the view from the top is breathtaking!"

-Deborah Dyar, FSS Coordinator

"I love walking at [La Jolla Cove](#)! It has great views, and is a little off the beaten path. You can start your day at the beach, see the seals in the cove and then end your day back at the beach."

-Sarah Leslie, FSS Assistant

"Walking at the [Mission Beach](#) is one of my favorite things to do in San Diego! I love the scenery, seeing lots of people out and about, and best of all... no hills to climb!"

-Michelle Richardson, FSS Assistant

"Oh! There's so many! I would have to say [J Street Marina Park](#) in Chula Vista is my favorite. It's like Mission Bay, but without the crowds! Plus, you get spectacular views of the bay"

-Jennifer Alipio, Escrow Manager

"[Balboa Park](#) is great! I like it because it's pretty and very scenic; there are lots of things to see and interesting characters to meet."

-Todd Hudson, Housing Specialist

"I like [Rohr Park](#) in Spring Valley. There's lots of walking paths and some of them even have the distances marked so you know how far you've gone."

-Nancy Varshay, Housing Specialist

If you have a favorite place to share, we would love to hear from you! Simply reply to this email with your tips and tricks.

Walking Safely

Running or walking is the easiest form of exercise, and it can also be the safest if you use common sense and follow some simple rules.

1. Find a partner. There's safety in numbers!
2. Run or walk during the daytime. If you must walk at night, always wear bright, visible colors. Avoid running in the streets or in deserted areas.
3. Be thoroughly familiar with your route. Know the location of phones, police or fire stations, and 24-hour businesses.
4. Listen to your instincts and be willing to vary your route if you sense you're in danger. Also, listen to your body; don't be afraid to slow down and rest when necessary.
5. Be sure to carry water with you. Hydration is key!
6. Bring identification and a cell phone for emergencies, and leave jewelry at home.

Article courtesy of www.ehow.com

Bike the Jam!

It's How We Roll. With an average temperature of 71 degrees, the San Diego region is one of the best places in the country for people to commute on two wheels. Biking to work can save you money and really help the environment.

[iCommute](#), a program sponsored by 511 San Diego to reduce traffic during peak hours, can help you find a bike partner, as well as connect you with a free bike locker and help you map out the best route to your destination.

Get Started Today. iCommute has the information you need to get moving!

- * Chart your course using our [regional bike map](#)
- * Find a biking buddy or [bike locker](#) with [RideMatcher](#)
- * Get guidelines for [bike safety](#) and [bike security](#)
- * Find out how to take your [bike on transit](#)

Article courtesy of www.511sd.com
